



Josette 46, Chartered Physiotherapist and Pilates Clinician, Courtyard Studios, Bath Terrace, Cheltenham, 07970 818619. Having been a Physiotherapist for over 20 years and teaching Pilates for 12 years, Josette set up her private practice seven years ago. Her personal mantra is to 'take control of your body' and she believes that comes through knowledge and posture awareness. She says, "I really admire the style of Emmanuelle Alt the new Editor in Chief at Paris Vogue. When I am not at work, I love the opportunity to dress up and particularly like vintage pieces. The fantastic festivals we have in Cheltenham create a great vibe in the town." **Wildeve Dress** Smokey Quartz. **Scruple Shoe** Taupe Patent. **Claudia** Clutch Black Patent. **Andrew Scott Designer Jewellery** Baccarat Pampilles silver black Mordore large crystal pendant . **Andrew Scott Designer Jewellery** Baccarat Pampilles silver black Mordore crystal earrings, **Watch** – model's own.